

## ABOUT US

MWV Supports Recovery was formed to assess the needs of the community, develop action plans to support, educate, and empower our community and thus promote successful long term recovery.

Our focus is on celebrating the recovery movement and breaking down the stigma and discrimination by creating a unified voice for positive change. We are excited to bring services to the Mt. Washington Valley and ready to engage those struggling with substance use disorder.

### VISION STATEMENT

Recovery is possible. Stigma can be erased through education. MWV Supports Recovery will “Echo” the sounds of recovery through the Mt. Washington Valley.

### MISSION STATEMENT & GUIDING PRINCIPLES

- Provide support to individuals and families experiencing substance use disorder.
- Educate the community on substance use disorder focusing on prevention, treatment and recovery and relapse prevention.
- Collaborate with all community sectors on substance use disorder focusing on prevention, treatment recovery and relapse prevention.
- Support advocacy through education and training.
- Participate, advocate and lobby for recovery on a broader stage to regional, county, state and federal organizations.

## THE ENDEAVOR HOUSE



MWV Supports Recovery combines transitional sober living with continued treatment services. A gender specific sober housing has significant benefits. First, and foremost, it removes the inhibitions that tend to accompany mixed group settings. A women’s only program allows clients to interact without imposing the tacit restrictions that different cultural, sexual, and political biases that accompany female/relationships can have-both personal and impersonal.

Residents are expected to be responsible for themselves. This is an important step in recovery because addiction causes people to act in irresponsible ways, and friends and families often enable them by supporting them. Residents have to pay their own rent, buy their own food, and do the same things they would do for themselves if they lived in a regular home. Our home consists of different elements that help women grow and heal. It engrains structure that they are able to carry with them for the rest of their lives, including:

- Individual counseling
- Group Therapy
- Family Reintegration
- Education and Vocational Assistance
- 12 Step Meetings
- Life Skills
- Recreational Activities
- Adjunct Therapies
- 24/7 Staff Supervision

## COMMUNITY RESOURCE CENTER

Community members benefit from knowing they are not alone in helping loved ones through the recovery journey. They also need support, and self care is critical. Individuals can focus on their well being while caring for a loved one by:

- ❖ Joining a family support group to meet other experiencing similar challenges.
- ❖ Participating in family programs in which education and treatment sessions include loved ones.
- ❖ Attending individual therapy to learn appropriate coping skills.
- ❖ Eating healthy meals and getting adequate sleep.
- ❖ Managing stress by engaging in hobbies and getting exercise.

MWVSR Community Resource Center is a safe place where recovery development occurs and where individuals will be matched with people offering recovery support services. Our center is a place where you will be heard; a venue for healthy, drug and alcohol free socialization; and family supports for all stages of recovery.

- ❑ We respect all pathways to addiction recovery and will help individuals and their families with access to supports that work for them.
- ❑ A location for the recovery community to organize and support one another.
- ❑ A location for individuals and family members to receive recovery support services.
- ❑ A resource center for individuals and families attempting to navigate a pathway to recovery.
- ❑ A host location for all different types of recovery meetings, 12 step and others.

